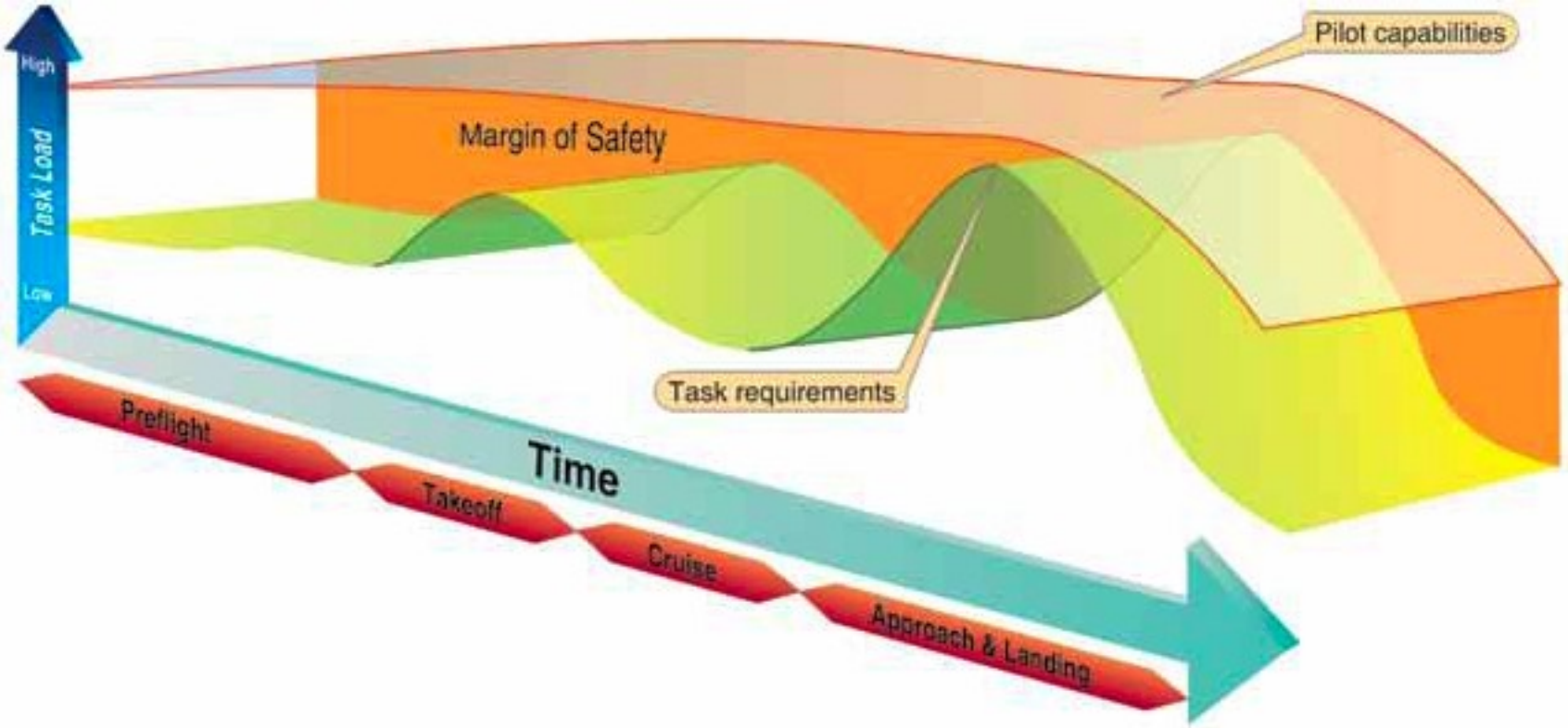
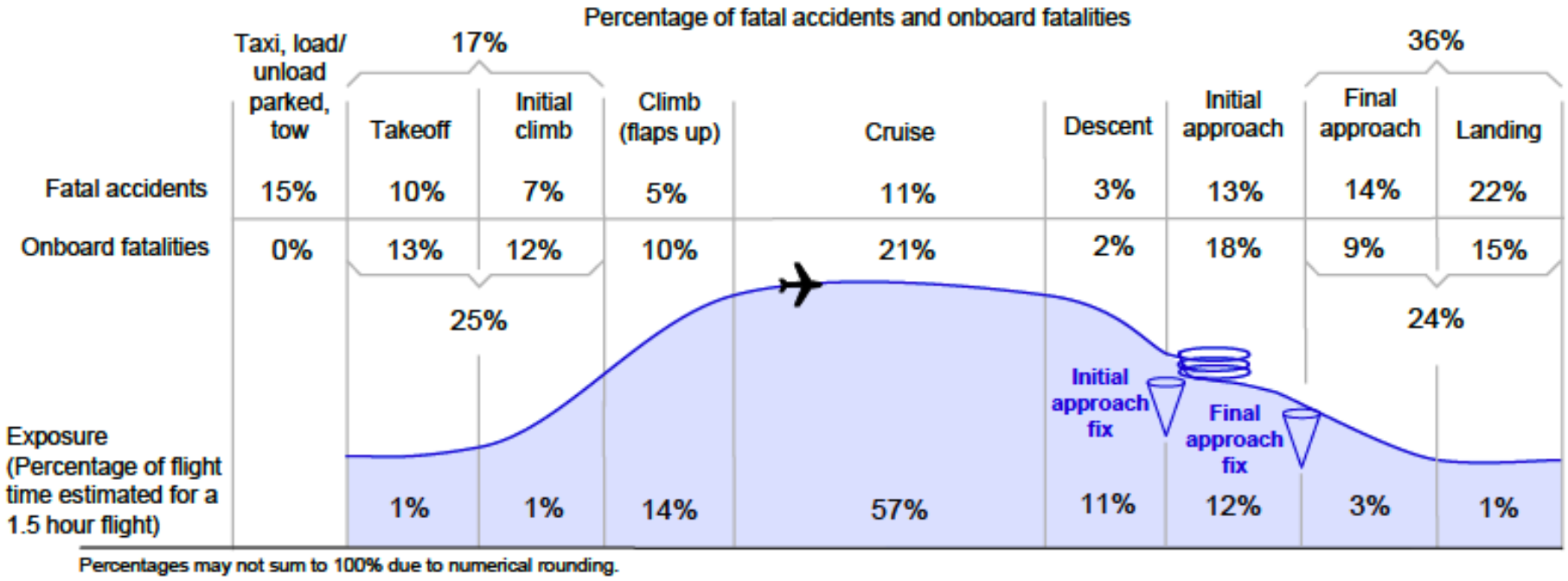
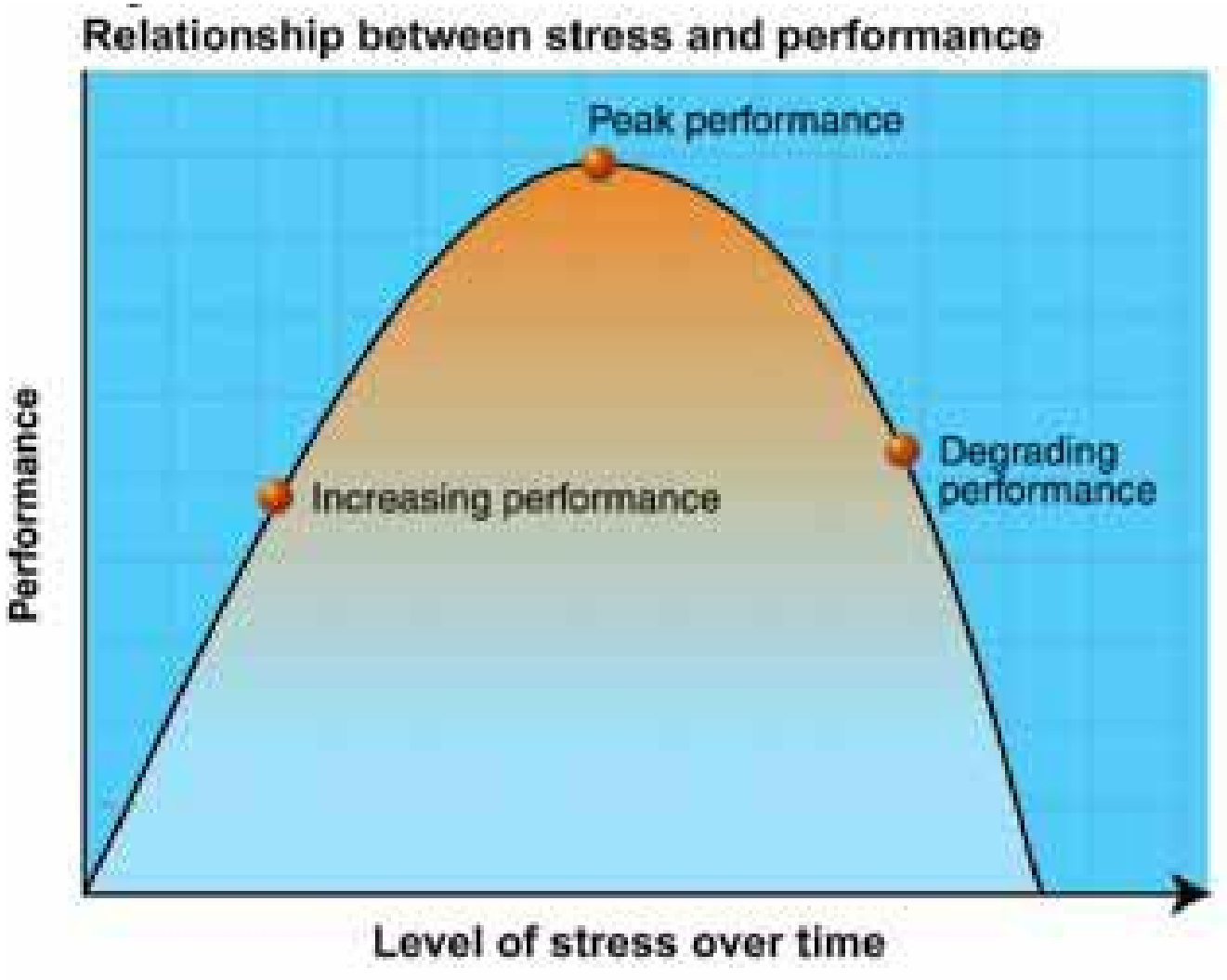

High
Task Load
Low
Pilot capabilities
Margin of Safety
Task requirements
Preflight
Time
Takeoff
Cruise
Approach & Landing



Percentages may not sum to 100% due to numerical rounding.


Relationship between stress and performance
Peak performance
Increasing performance
Degrading performance
Performance
Level of stress over time